

Finger Lakes Urology Institute
DISCHARGE INSTRUCTIONS

DIAGNOSIS: Hematuria (blood in urine)

INSTRUCTIONS:

- 1) **No strenuous activity for a few days.**
- 2) **Drink plenty of fluids. Your urine can become pink or tea colored over the next few days. This is to be expected. Increasing the fluids you drink will help resolve this.**
- 3) **Continue to take your routine medication unless your doctor has advised you differently.**
- 4) **Consult your Primary Physician or Cardiologist about taking Aspirin or Motrin.**
- 5) **Call your Urologist for an appointment. He will want to see you in 1-2 weeks.**

CALL YOUR DOCTOR:

If your urine becomes bright red or you start to pass clots.

If you are unable to pass your urine.

If you develop fever or chills.